

WELCOME TO CAMP SARGENT

YMCA Camp Sargent provides a natural setting for group retreats, team building and leadership training in Southern New Hampshire. Let our staff develop custom programs to meet the specific needs of your group. Our facility and programs are ideal for school field trips, scout troops, church retreats, staff team-building for corporations big and small, universities and more.

Our Outdoor education, Environmental Education and Team-building Programs provide participants with a better understanding of environmental stewardship, health & wellness as well as leadership qualities they will take with them after their experience at Camp Sargent. We also provide birthday parties and "do it yourself" facility rentals for those looking for a unique experience.

Facilities & Programs Available:

- 400-seat Amphitheater
- Animal Farm and Garden
- Recreation Hall
- Sports Field
- Front Field
- Boating/Swimming
- Challenge Course
- Archery Range
- Science and Nature Cabins
- Shaw Art Center
- Shaw Pavilion
- Front Pavilion
- Bathroom/Changing Room Facilities
- 18-foot Tipi
- Playground
- Campfire & Evening Program
- 9-hole Disc Golf Course
- Basketball Courts
- Sand Volleyball Court

Let Camp Sargent host your next event. Contact Camp Director Randy Menken at rmenken@nymymca.org for more information or to book your next event today.



OUTDOOR EDUCATION

Beyond the Classroom

Through our Outdoor Education programs, students will engage while having their voice heard, discover more about themselves and the world, learn skills for life, connect and form lasting friendships all while becoming more independent. Our programs support and help develop both individual growth and team-building, while building the appreciation of being outdoors.

Don't think science and math happen outdoors? Think again! Here are just a few topics our professional staff will uncover using these invaluable skills:

- CSI forensics and its reliance on science
- Building & engineering
- Orienteering
- Predator and Prey
- Frisbee (disc) golf and atmospheric conditions
- Physics of Archery
- Skits and performances at our 400 seat amphitheater
- Native American Settlers in and around New Hampshire

To meet the needs of your program we offer two options for your camp experience:

- Structured Day program consists of up to 8 skilled professionals facilitating a highly engaging learning experience.
- Do-It-Yourself program. You provide the staff and materials.

ENVIRONMENTAL EDUCATION

Where learning comes naturally

YMCA Camp Sargent offers a variety of Environmental Education programs for school and youth groups. Our program is designed to allow students to have hands-on experiences with nature that will help build upon what they are taught in the traditional classroom setting. With this goal in mind, the Environmental Education program is designed to allow students the opportunity to explore nature by using their senses, learn new things in various areas of science and have fun, all at the same time.

Environmental Education programs are available May, June, September and October.

Past program topics have included:

- Farm to table; understanding where our food comes from
- Seasons and Change
- Animals and Habitats; up close and personal
- Pond life; What lies beneath?
- Ecosystems; Explore nature, observe wildlife and discover plant life

Using science and technology, students will learn all about the world they live in. Hands-on education is something our staff pride themselves on.

Through science, math, biology, botany and other natural sciences, students will learn about what awaits them as a potential future profession.

"We highly recommend the Camp Sargent experience! We were thrilled with the results of our partnership in providing a unique educational experience that challenged our students to learn and solve problems in the natural environment, right in their own community. Our staff, students and parents all agreed that the outdoor education program the camp staff facilitated over the course of a whole week was extremely beneficial, meeting all our goals and objectives."

*-Deborah K. Woelflein
Principal, Merrimack Middle School*

TEAMBUILDING

Creating trust and confidence



Our team-building programs are great for school, youth and corporate groups to work on teamwork, establishing communication and developing trust among each other. Each program begins with a safety instruction, ice breakers, goal setting and a debriefing session in small groups and ending as a full group. Let our professional and certified staff help you answer the big question of "how do I take back with me what I learned at Camp Sargent today?"

Structured Program One: Small and large group activities will challenge each person's mental and physical strength. Communication, trust and teamwork exercises are practiced in this program! Our adventure course, consisting of five low rope elements and one high element is utilized throughout this program.

Structured Program Two: Field day types of games, small skits in our 400 seat amphitheater and boating to Blueberry Island for a scavenger hunt are just a couple of the highlights of this program!

Do It Yourself Program: We provide the space and you provide any materials and staff needed.

Challenge Course programs give participants:

- A greater understanding of the importance of working as a team
- A sense of community within the group
- Tools for effective communication, cooperation and trust
- Development of creative problem solving skills
- Self-esteem and confidence.
- Goal setting and increased sense of purpose
- Effective leadership skills
- Safe opportunities to take risks

RENTAL INFORMATION

OPTIONS

School & Youth Group Outings

(Environmental Education)

Pricing is per student and is low as \$8 per student. We also offer lunch and/or dinner packages.

Teambuilding

(All programs last approx. 5 hours)

Pricing is as low as \$8 per person. Our structured program provides a staff person for every 15 people.

YMCA CAMP SARGENT

FACILITY RENTAL

(Ask about overnight pricing)

Rental packages start as low as \$400. We also offer overnight options.



UNIQUE EXPERIENCES FOR ALL

"We wanted to have a team-building day for our clinicians and their families and we chose Camp Sargent. Not only was the setting ideal for diverse activities and age groups, but the staff were outstanding."

Activities were well-planned and organized, and engaged everyone in the group. The best part of the day for me was when the staff and some of my employees got together and pulled off a kayaking experience for one of the children with special needs. Talk about team-building!"

*-Rich Boehler, MD, President and CEO
St Joseph Hospital*

"Our annual family reunion was held at Camp Sargent and we were able to offer a great variety of activities for everyone, including kayaking, canoeing, paddle boarding, and swimming in a beautiful and relaxing setting. The whole family had a great time reuniting and taking in the breathtaking scenery of camp. We plan on continuing to hold the reunion there in the years to come."

-Anne Wifholm, reunion organizer

For questions, pricing information, and to book your next outing contact Randy Menken at rmenken@nymymca.org

CELEBRATE YOUR NEXT BIRTHDAY PARTY AT CAMP SARGENT!



Tye-dye, spin art, cartooning and face-painting are just some of the fun activities to choose from!

PARTY!

Splash in to fun on beautiful Lake Naticook using the log roll, giant swing stand up paddle boards, kayaks or canoes. Not a fan of the lake? Try our huge slip 'n' slide!

WATER FUN

Kickball, Ga-Ga, disc golf (9 holes), whiffle ball, capture the flag and scooter games are just a few of the games to choose from. Our sports field, front field and basketball court are available to use.

SUPER SPORTS

Party like an animal! Give this unique party a try. Children will learn about sheep, goats, rabbits, ducks and chickens. They may even be able to help feed the animals!

DOWN ON THE FARM

BOOK TODAY!

FOR QUESTIONS OR TO BOOK YOUR PARTY CONTACT ROBERTA WILKINSON AT RWILKINSON@NMYMCA.ORG OR 603.881.7778 EXT. 145 (MERRIMACK) OR 603.882.2011 EXT. 260 (NASHUA)

BIRTHDAY PARTY PRICING AND INFORMATION

PARTY PACKAGES

Bash - Includes a party host who will help you set up the party, help with food, presents and anything you need. The host will arrive a half hour before party and stay after to help clean up.

Ultimate - Includes everything in the Bash party PLUS themed paper goods and goody bags for all the kids. Ask about available themes when booking your party.

PRICING

Party Theme	Family Member (Bash / Ultimate)	Youth/Teen Member (Bash / Ultimate)	Non Member (Bash / Ultimate)
Water Fun	\$225 / \$275	\$275 / \$325	\$325 / \$375
Art Party	\$200 / \$250	\$250 / \$300	\$300 / \$350
Farm Party	\$225 / \$275	\$275 / \$325	\$325 / \$375
Sports Party	\$200 / \$250	\$250 / \$300	\$300 / \$350

PARTY DAYS AND TIMES

Sports and Art Parties

Saturdays & Sundays

May - October

Farm and Water Fun Parties

Saturdays & Sundays

June - August

All parties have a two hour time frame between 10 a.m. and 6 p.m. The first hour includes a staff-led themed activity followed by an hour for a meal and/or dessert (not included). Price includes 15 children for 2 hours. \$10 each additional child (no more than 15 for Farm and Art parties).
\$50/extra hour (max 1 extra hour).

ADDITIONAL INFORMATION

In the event of severe weather our party coordinator will work with you to reschedule your party. \$50/non refundable deposit due. Cancellations made less than 24 hours in advance will result in loss of deposit.

TO BOOK YOUR PARTY TODAY!

Call Roberta Wilkinson at 603 881 7778, ext. 142 (Merrimack Y) or 603 882 2011, ext. 260 (Nashua Y).

Email at Rwilkinson@nmymca.org to book your Camp Sargent party . Hurry...LIMITED SPACE!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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